

Indiana's 2013 Team Nutrition (TN) Training Grant project will offer wellness training for schools, support free on-site nutrition education lessons for students, and provide foodservice training emphasizing Smarter Lunchroom principles and the *HealthierUS* School Challenge (HUSSC). Sub-grants will be offered to 30 schools that apply for the HUSSC and implement Smarter Lunchroom principles along with creating videos showcasing their success.

The three focus areas of the 2013 TN grant are described in more detail below.

AREA I: Food Service Training

With the assistance of a contractor, regional trainings will be conducted for foodservice staff. The goal of the training is to help schools apply for the HUSSC and train school foodservice staff on using Smarter Lunchroom principles to increase student consumption of fruits, vegetables (including legumes), and healthy meal options. Training will emphasize marketing USDA Foods as well as strategies designed to encourage children to consume more whole-grain products, fat-free or low-fat milk or milk products, and lean meat and meat alternatives. The training will build knowledge and skills in: menu planning to meet the new guidelines; food preparation; and food safety. In an effort to help schools put this training into practice, schools will be offered sub-grants to implement Smarter Lunchroom principles, apply for the HUSSC, and create videos to showcase their success. The expected timeline for this (free) foodservice training is summer, 2014.

AREA II: Wellness Policy Training

With the assistance of a contractor, School Wellness Policy training will be conducted in numerous locations throughout the state. The free training will be targeted to school administrators and wellness committee members (or those involved with wellness policies) with an anticipated timeline of late spring, 2014. New online tools will be developed to assist schools in meeting established wellness policy criteria as well as reporting and tracking data. Incentives will be provided to schools that take the initiative to utilize the online tools first and submit their policies. The Indiana State Department of Health will serve as a partner promoting and conducting trainings and helping schools utilize an updated version of the Healthy Schools Toolkit.

AREA III: Nutrition Education in the classroom

The Nutrition Education Program, *Serving Up MyPlate: A Yummy Curriculum*, will be provided by Purdue Extension in the 2013-2014 school year for youth in grades 1-6. Lessons provide nutrition and health information, and an opportunity to practice new skills. Topics include: Nutrition Basics, Physical Activity, Dietary Guidelines for Americans, and the *Fight BAC!* concepts of Clean, Separate, Cook and Chill. Lessons are taught, one per week, typically in a

classroom setting. Due to its excellent and long-standing reputation, the “Professor Popcorn” curriculum tag line will be used when promoting *Serving Up MyPlate: A Yummy Curriculum*.

Teachers who are interested in having Purdue Extension staff teach the *Serving MyPlate* curriculum can contact their local Purdue Extension offices via their website at www.hhs.purdue.edu/extension to make arrangements with Purdue Extension staff in their respective county. Keep in mind, that while Purdue Extension is committed to assisting you in your educational needs and is largely available across the state, there may be some areas where this program is unavailable.

More details about the trainings in areas I and II will be available at a later date. Updates will be posted on the School and Community Nutrition website <http://www.doe.in.gov/nutrition>.